





## THE KITCHEN CABINET

### SEASONABLE GOODIES.

Safe housed am I from the wintry world,  
The blast and the giant storm.  
Though long was the day, and lonely,  
Forgotten its toil and tire,  
There's joy and cheer in my little room  
In the light of my friendly fire.

This is the season when one likes to cater to the sweet tooth of the family, especially youngsters.

**Orange Cake.**—Beat thoroughly together two cups of sugar, half a cup of water, the beaten yolks of five eggs, two and one-half cups of flour, two teaspoons of baking powder and the juice and grated rind of one orange; fold in the whites of three eggs.

**Crabapple Cake.**—Cream half a cup of shortening and one and one-half cups of light brown sugar together; add the beaten yolks of three eggs. Have ready and sifted two cups of flour with one teaspoonful each of soda, cinnamon and nutmeg. With half the quantity of cloves; add to the sugar and shortening. Fold in one and one-half cups of cooked crabapples which have been slightly squeezed and put through a sieve. Add the beaten whites and bake in two layers, cover with icing which is colored with a bit of the strained crabapple juice.

**Chocolate Potato Cake.**—Blend well two-thirds of a cup of shortening and two cups of sugar; add two-thirds of a cup of grated chocolate and one of warm mashed potatoes, one cup each of sifted raisins and chopped nuts, half a cup of milk and two and one-half cups of flour, four eggs, yolks and whites beaten separately; half a teaspoonful each of cloves and nutmeg; and a teaspoonful of cinnamon. If baked in a loaf in a slow oven in a paper-lined pan for one hour it will keep a month.

**Eggless Fruit Cake.**—Mix one cup each of brown sugar, sour milk and seeded raisins, four tablespoons of melted shortening, two cups of flour, one teaspoonful each of soda, cinnamon and cloves. Bake in a slow oven about one hour.

**More Food for the Conscienceless.**

We all know those houses scrubbed to a sort of raw cleanliness and reeking with the martyrdom of an overworked wife, from which the unwary guest beats a hasty retreat, and to which the family returns only to eat and sleep. The feminine head of such a house is a business failure—Hazel Kewley.

Food which is easily digested, attractive and also nourishing, should be served to those who are regaining health.

**Egg Soup.**—Separate the yolk and white of a fresh egg, and beat each three drops of lemon juice and a tablespoonful of sugar to the yolk, then fold in the white. Boil over the egg mixture one cupful of milk, heating while pouring the milk. Flavor with a little nutmeg, or orange juice. Add a pinch of salt and serve.

**Baked Apple.**—Remove the cores from nine tart apples and fill the cavities with chopped raisins or dates and sugar. Currant or any good jelly may be used in place of the raisins. Bake in a moderate oven until tender. Serve on a pretty plate garnished with a flower.

**Tomato Toast.**—Place a slice of bread in the oven and dry slightly, then toast a delicate brown. Pour boiling water over the toast and quickly remove, then butter the toast lightly and pour a tablespoonful of rice of cooked seasoned tomato over the toast and serve. This tomato toast soup may be used for this, thickening it a little if desired.

**Pineapple Pudding.**—Place a cupful of boiling water in a double boiler. Add, when boiling, a tablespoonful of sugar, the yolk of an egg and a teaspoonful of cornstarch. Stir and cook until smooth and thick, then add a half cupful of pineapple juice or finely grated pineapple. Cook until hot, fold in the stiffly beaten white of an egg and chill. Heap in a pretty dish and garnish with whipped cream.

**Rice Pudding.**—As rice when well-cooked is most easily digested, it makes a very good dish for a convalescent. Take two tablespoonfuls of well-washed rice and cook in a double boiler with one cupful of milk until the rice is tender. Stir in a beaten egg, sugar, salt and any desired flavoring to taste. Serve with cream and sugar, or add a few chopped dates and serve with butter.

**Prune Whip.**—Stew half a dozen prunes in the water in which they were soaked over night, put them through a sieve, add a few drops of lemon juice and the beaten white of an egg. Serve heaped in a pretty glass topped with whipped cream.

**Neenie Maxwell**

Archaeologists Had Much Wisdom.  
A great civilization flourished in the valley of the Nile some three thousand years B. C. These Egyptians worshipped the dung beetle, the scarabaeus, possibly recognizing its scavenging powers. The well of Joseph, near the great pyramid, is excavated through nearly three hundred feet of solid rock. The ancient Hebrews were the founders of real public health.

The laws of Moses, who was born about 1500 B. C., the first hygienic code known, apply about as well today as when first promulgated.

## The Barker Luck

By A. W. PEACH

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Rose Barker faced the issue bravely as she had faced other difficult problems in days past. Without any particular ability except willingness to work hard, she had won her way into the good will of the great real estate firm, and was about to enter on the new duties of the position, when the grave but kindly faced physician had told her the cause of the harassing pain in her side, and ended with a statement that involved the word "operation."

On the evening that the verdict had been given, her faithful and unobtrusive lover, Elmer Horton, who had worked in her old office came to see her; and before she realized what he was doing, in his quiet way he had drawn from her some of her fears and doubts. The steadfast love in his eyes—and they were not handsome eyes—may have been the cause.

"It's the Barker luck, Elmer," she said, smiling bravely. "Alone in this big, big world—"

"You forget me," he broke in, his steady eyes twinkling.

She choked an instinctive desire to hug him. "You old dear, how faithful and kind you have been to me; and you know I never can love you."

"Riches," he answered, smiling at her mood.

"Ah, I wonder!" Then her smile waned a bit. "Well, I must have it done; but the money end of it—I'm poor as Job's turkey—was it Job's turkey? Hold on!" Her chin was quivering, but her eyes were smiling.

"I have one thousand dollars after all. Did you know that?"

He professed great astonishment.

"Some one did love me enough to give me one thousand dollars." She hunted through an old wallet that evidently contained cherished treasures, and drew out a crumpled check. "You remember old Mr. Pruitt—"

"Do?" He used to sit and ramble on by the hour with you while I was only asking for five minutes to make love to you."

"She shook her head warningly. "Some of that. Well, I did try to be good to him. He was a little out of his head, you know. Just before his last sickness he came in and gave me this check with a great flourish. You know he always talked of having money. I'm glad he thought he had."

He took the check quickly. The writing was so erratic that it hardly made sense. Clearly enough, it was the vagary of an unbalanced mind, yet it did represent a pleasant memory; and Horton sought to divert her mind from the last thought she had spoken.

She sensed his effort, however, and smiled back. "Elmer, it's the Barker luck; and I'm going to face it in the way of my father and mother did. Tomorrow I go to the hospital. I am going to let them do as they want to with me; and afterward—why, afterward—"

She looked at him with stricken eyes. She knew that weeks must pass after the operation before she would be strong enough to take up her work once more; and where was the money coming from to enable her to live as she should and grow strong during those weeks?

He took up the check in desperate fingers, stared by the look in her eyes.

"Say, Rose, be honest with this check; I'll try to get it through. Perhaps the old chap did have this money."

"What are you thinking about? That check is some old thing he had around. I see how yellow it is! He was a little crazy. No, don't be foolish."

He held his fountain pen toward her.

"Indorse here, please," he said, directly.

"All right, sir," she assented, making a game of it.

He folded the check and placed it carefully in his pocket. Then he looked at her hungrily. "Rose, is there anything I can do?"

"Please don't look at me that way."

She rose, her face white. "You have been so good to me, so faithful and kind—I wish I could reward you. He had risen, and she put her hands on his shoulders and looked into his eyes.

"But I can't give you anything except my thanks. You might—send me a few flowers—if—good-by!"

His big heart could not speak through his slow mind. He said awkwardly: "I'll remember. And Rose, remember that the Barker luck may take a turn. You know the old saying modernized—'It's a long lane that has no ashbarrel.' So buck-up—and be of good cheer! Good-by!"

She smiled at his "modernized saying."

In the Mesa Verde Region.  
The Mesa Verde region, writes Arthur Chapman, has many attractions besides its ruins. It is a land of weird beauty. The canyons which seam the mesa, and all of which lead toward the distant Mancos river, are, in many cases, replicas of the Grand Canyon of the Colorado. While the summer days are warm, the nights are cool, and the visitor should bring plenty of wraps besides the clothing and shoes necessary for the work of climbing around among the trails. Little horseback riding can be done.

It is a country of active foot work, just as it was in the days of cliff dwellers themselves. But when one has spent a few days among the cedars and jack pines of the Mesa Verde, well named "Green Table" by the Spaniards of early days, he becomes an enthusiast.

Talk in the Rhineland.  
The confusion of tongues that the war has caused is bit off in the following conversation reported in an exchange: "When two Americans meet on the street of any Rhineland town"

ing," because she knew he wished her to; but after he had gone she stood long in silence, and, realizing as she never had before that the man who had gone carried with him a soul that like gold would wear brighter with the years.

When she awoke into a pain-filled, ether-scented world, the first glance of her sick eyes fell upon the flowers he had left. The sight nerved and checked her sinking soul. She drifted away to sleep, anchored to a love that would not let her go.

When again she awoke, the smiling nurse said to her: "Here is a short note which I was told must be given you just as soon as possible. Would you like it now?"

Her blurred eyes read: "Dear Rose Bee—Your luck has turned. I took the check to a bank; they put it through for me; and the money came back! Old Pruitt must have known his time was short, and thinking of your kindness to him in an unkind world, gave you all he had. He loved you. So do I, Elmer." And in a smaller envelope she found bills that totaled \$500, and a note: "The rest you can have when you want it. I kept it in the bank."

The noises of her tumbling world died away into peace. It was the old man's gift, and there was nothing to do but accept it. It meant weeks in the country, strength regained, a new desire to live.

She secured a private room, special care, and spent two weeks in the hospital. Just once, Elmer came to see her. She found his quiet, whimsical ways very restful and enjoyable, and she asked him to come again. He failed to appear, sending a brief note that he could not get away from his work again; and then she remembered how pale and tired he looked. The thought worried her, his failure to come annoyed her, and in both failure and annoyance she made a new discovery of how much the awkward, big-hearted friend meant to her.

She went back to a village in the hills, and there began to regain rapidly the strength she needed for her work. Only one thing marred the happy days—the money he had sent her was about gone—gone! The nurse, and the hospital bills had mounted up more rapidly than she thought, she reasoned; so she wrote him.

Mr. Stafford, in whose family she was staying, happened to be going to the city, and he volunteered to take the note to Elmer.

Her first surprise came in the evening, when she was called into the front room of the house and found Elmer waiting. She went to him gladly, instinctively, and then paused, the thrill in her heart dying. She went to put her arms around his neck and tell him just how much he had been to her, but the look on his face arrested her. The same old hungry look of love was in his eyes, but his haggard face was lined and changed.

"Rose, I have come to make a confession," he said tensely. "I didn't—there is no money—"

"What—what—what do you mean?"

"There isn't any more money," he repeated desperately. "I knew the check was no good; I didn't have the courage to take it to the bank. I borrowed from the firm—and—worked night and day to raise the rest and pay back some I borrowed. I knew you wouldn't take it—so I thought of this scheme of making believe the check was good. I—I—had to tell you, couldn't get hold of any money to send you. Do you—hate me for it?"

From astonishment, amazement, to tender understanding she wept as she listened. At his last boyish question she laid her face against his shoulder and drew his arm about her.

"Hate you, my dear, great-hearted boy," she said gently. "Why, let me tell you what I have been learning these weeks—I love you."

A hoarse cough broke the spell. Mr. Stafford stood in the doorway.

"Say, if you young folks will forgive me, I want to tell you something. I talked with Horton, and he told me the story of the check. I'm a curious old cuss, and just for the fun of it, 'cause I could understand how Pruitt loved this girl—I guess you do, too, Horton—I had my bankers telephone to this country bank the check was on, while I was in the city, and I just got home and I had to give you the news—that check just covers the balance old Pruitt had in his country bank! Elmer should have tried to cash it, but I guess everything is all right now!"

Elmer looked at Rose, and Rose looked at Elmer, in the immortal speech of heart to heart; and then, as she kissed him, she announced, smiling through the mist in her eyes:

"Dear, the Barker luck has busted!"

Could Not Resist.  
Irate Profiteer—What do you mean, sir, by forcing two pennies at once to my chewing gum machine?

Customer—Pardon me. You see I've been so used lately to paying double for everything I buy that it has become force of habit.—Judge.

This dialogue results: "Bon jour, buddy; where were you yesterday evening? 'Last evening? Why, I was schiffen; 'Schaffenix' I hope to see in your mess kit if I wasn't schiffen. Where were you?" "Scholodale party, and some time—take it from me. Three frauleins—swell janes—beau coup cognac, and piano playing. Krank head dies morgen."—Outlook.

Trials of Matrimony.  
We were stopping at a hotel, while on our honeymoon, and were trying to hide the fact that we were newlyweds. We succeeded quite well until dinner time. Just as we had reached the center of the big dining hall, a fat stood up on her chair and shouted: "Which one is the bride, mamma?" Every one then knew, by my tall tale blushing, that it was I—a most embarrassed bride.—Chicago Tribune.

Worth Trying.  
Since "a man blinks in his heart's soul," let us see what sort of thoughts we are thinking, so we may find out what good harmony we have within.—Exchange.

## ORCHARD TOPICS

### CONTROL OF SAN JOSE SCALE

Minute Insect Is One of Most Generally Dreaded Pests Fruit Growers Has to Fight.

(Prepared by the United States Department of Agriculture.)

"The San Jose Scale and Its Control," which is Farmers' Bulletin 650, just issued in revised form, contains description of the insect, its distribution and habits, means of distribution, food plants, natural enemies and, most important of all, ways of controlling it. Attacking, as it does, practically all deciduous fruit trees, this minute insect is one of the most

generally dreaded pests with which the fruit grower has to contend.

The bulletin says that the insect can be kept well in check by thorough annual treatment during the period when the plants are dormant, and full instructions are given as to how treatment should be applied. The various washes are discussed and conditions outlined under which one may be preferable to the others. Full instructions are given also for making the washes at home, including the materials and the equipment necessary. Various kinds of spraying apparatus are also discussed.

Copies of the bulletin may be had free by writing the division of publications, United States department of agriculture, Washington.

**CURCULIO IS SERIOUS PEST**

Injurious to Pears, Apples, Peaches and Cherries—May Be Controlled by Spraying.

The plum curculio is a small stout snout beetle, and is a serious pest to pears, apples, peaches and cherries in addition to plums. The adult beetle winters over and emerges just before the fruit buds open, and feeds to some extent on the buds, and later on the young fruit as soon as it is set. Eggs are laid in the young fruit as soon as it is formed.

There are two kinds of punctures, egg punctures and feed punctures, the former being made by the beetle in depositing her eggs, and are surrounded by a crescent-shaped slit. The feed punctures are made later in the season, as a rule, after the adults appear in August.

With regard to control, this insect may be controlled by thoroughly spraying with arsenate of lead (3 pounds to 40 gallons) as the leaf buds are opening and again before and after the blossoms fall.

This insect is a serious one in many localities in certain seasons and only the most careful measures will suffice to control it.

**PLAN TO PROPAGATE GRAPES**

Small Pieces of Vines Planted in Well-Drained Place Are Ready in About Two Years.

Take small pieces of grapevines about pruning time (during fall and winter) and plant them in a box of sand or in a well-drained place. When they are about two years old they are ready to plant in the vineyard.

In the winter, plant small pieces of fig limbs or throw dirt up around the roots of the old fig trees and they will put out shoots. Pull up these shoots, which should have roots ready for planting in the orchard.

**HORTICULTURAL NOTES**

Manure can be applied broadcast over the strawberry rows from the middle of November on.

Yes, the old raspberry canes can be pruned out now, just as well as in the spring. Burn the rubbish.

The drainage of an orchard should be good, but steep, hilly orchards, full of deep washes should be shunned.

Some attention should be given strawberry beds this winter if the plants are to bear well next spring.

Trees under twenty years of age are at their best. Apple trees over that age should be in a very healthy condition to consider reclaiming them.

Pruning of grapevines may be done at any time during mild weather from November to March, while the vines are in dormant condition.

Current bushes may be protected from breaking down on account of the weight of snow in winter by collecting the canes together and tying them.

## FIX STOMACH RIGHT UP

"Pape's Diapiesin" at once ends Indigestion, Gases, Sourness, Acidity

You don't want a slow remedy, when your stomach is bad—certainly not one of a harmful one—your stomach is food valued, you mustn't injure it with drastic drugs.

When your meals don't fit and you feel uncomfortable, when you belch gases, acids or raise sour, undigested food. When you feel lumps of indigestion pain, heartburn or headache, from acidity, just use a tablet of Pape's Diapiesin and the stomach distress is gone.

Millions of people know the magic of Pape's Diapiesin as an anacid. They know that indigestion and disordered stomach are so needless. The relief comes quickly, no disappointment, and they cost so little too.—Adv.

**Fussy Had Qualifications.**

There was company for dinner. Baby started to sit with the guests. His father said: "No, when you have whiskers, my lad, you can eat at the table with the company." So he gave the baby a bowl of crackers and milk, and baby sat on the floor and started to enjoy himself, when the cat came along and started to help herself to baby's milk. Baby pushed the cat to one side, saying indignantly: "Go and eat with the guests; you've got whiskers."—Exchange.

**GET READY FOR "FLU"**

Keep Your Liver Active, Your System Purified and Free From Colds by Taking Calotabs, the Nauseless Calomel Tablets, that are Delightful, Safe and Sure.

Physicians and Druggists are advising their friends to keep their systems purified and their organs in perfect working order as a protection against the return of influenza. They know that a clogged up system and a liver full of colds, influenza and serious complications.

To cut short a cold overnight and to prevent serious complications take one Calotab at bedtime with a swallow of water—that's all. No salts, no nausea, no griping, no sickening after effects. Next morning your cold has vanished, your liver is active, your system is purified and refreshed and you are feeling fine with a hearty appetite for breakfast. Eat what you please—no danger.

Calotabs are sold only in original sealed packages, price thirty-five cents. Every druggist is authorized to refund your money if you are not perfectly delighted with Calotabs.—(Adv.)

**An Expert Witness.**

"You swear that this man is no chicken stealer?" demanded the judge.

"Tessur," replied Rastus Rashley, "he's what Ah said, suh."

"What do you know about the facts in this case?"

"Ah isn't 'sposed to know nuffin' 'bout de facts in de case, suh. Ah is an expert witness foh de defense."

**YOU'LL SOON LOOK OLD FROM HERE UP**

Let "Danderine" check that nasty dandruff and stop hair falling.

Get a small bottle of "Danderine" at any drug store for a few cents, pour a little into your hand and rub well into the scalp with the finger tips. By morning most, if not all, of this awful stuff will have disappeared. Two or three applications often remove every bit of dandruff and stop falling hair. Every hair on scalp shortly shows more life, vigor, brightness, thickness and color.—Adv.

The National Law.

"Do you know figures give over a thousand fires in New York every year as the result of throwing away lighted cigars and cigarettes?"

"Well, you know, where there is so much smoke there must be some fire."

**"Cold in the Head"**

Is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" and that the use of HALL'S CATARRH MEDICINE will build up the system, cleanse the blood and render them less liable to colds.

Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the blood to the mucous surfaces of the system.

All Druggists 75c. Testimonials free. Write for a case of catarrh that HALL'S CATARRH MEDICINE will not cure.

J. C. Cheney & Co., Toledo, Ohio.

No woman with a new hat enjoys riding in a closed automobile.

Worry knocks the life out of lots of men long before they are dead.

**MURINE** Night and Morning. Eyes Strong, Healthy. Eyes, if they tire, itch, smart or burn, if sore, irritated, inflamed or run, use Murine. Soften, soothe, refresh. Safe for infants or adults. At all Druggists. Write for Free Eye Book. Murine Eye Remedy Co., Chicago.

## HOME TOWN HELPS

CITY'S DEBT AN INVESTMENT

Growing Municipalities, Like Industries, Are in Constant Need of More Capital.

So generally has the failure of American municipal government been proclaimed that the 1918 financial statistics of the 227 cities in the country with over 30,000 population, published by the federal census bureau, come with a degree of surprise. According to the official report, all but four of these cities actually lived within their means last year—that is, their revenue receipts exceeded their current governmental expenditures and interest payments, and in eighty or more than one-third, including some of the largest communities, the revenues exceeded all governmental expenditures, including capital outlays. The group as a whole collected in revenue about \$220,000 above current expenses and interest, or a sufficient surplus to provide four-fifths of the total outlay in permanent improvements.

Growing industries or enterprises of trade always require an increase of capital, the Philadelphia Bulletin remarks. Growing cities are confronted with a similar necessity, and municipal debt, if created for permanent improvements and wisely expended, is merely municipal capital, an investment in municipal development, efficiency and competence which is a necessity for the production of tax-paying property. So that total figures of municipal outlay, or the evidences of increasing municipal debt, are not reliable criterions of the actual financial status of the cities, except as they are measured in comparison with the expansion of the communal plant. The comparison of current revenues and expenditures is a more competent basis of judgment.

**PLANT AND PRESERVE TREES**

One of the Most Important Duties Laid Upon the Individual and the Community.

Trees are nature's prime sources of food; their fruits and nuts gave sustenance to the first tribes of men and are the sweetest and most nourishing of the earth's products.

Trees herald the spring with glorious banners of leaf and bloom; they clothe the autumn in garments of gold and royal purple; bared to the winter's cold, they are the harp of the winds, and they whisper the music of the infinite spaces.

Before the earth could be peopled it was set thick with trees, and when man has run his course and the race we know has disappeared in the completeness of its mission or perishes in the destruction of its trees, the earth will spring up again with new forests to shelter and sustain a new race of men and beasts and birds to work out a greater destiny. Perhaps if we are wise enough to replenish our waning forests and to make ourselves worthy of the gift of trees we may be permitted to accomplish that greater destiny which the Mighty Forester, the Perfect Orchardist, the Loving Father requires in the fulfillment of his sublime purpose.—Clarence Outley, Assistant Secretary of Agriculture.

**Modern Building Methods Condemned.**

The urgent need of enforcing regulations directing the proper use of materials in building is shown in the second annual report of the state fire marshal of Oregon, who gives the following as a record of defects found by the Oregon state inspector during the year ended March, 1919:

Defective wiring, 229; floor and walls unprotected from stoves, 191; defective pipes, stoves and flues, 125; found chimneys on brackets, 482; exposed and unprotected openings, 131.

The fact that 482 chimneys were found supported on brackets, it is stated, is an indication that a most primitive method of construction still exists, and emphasizes the fact that proposed building regulations are most essential in all cities, large and small, for fire prevention.

**Climbing Hydrangea.**

The climbing hydrangea, schizophragma hydrangoides, is desirable for covering the trunks of trees, rough stone walls or similar rough surfaces where it can support itself naturally.

Failures usually result from the impatience of the gardener. It takes three years for the plants to become established, then rapid progress is made.

The plants prefer partial shade, but do well in the sun and are a pleasing sight during summer when covered with hundreds of blooms.

**Proper Soil for Trees.**

In planting trees and shrubbery of any kind particular attention must be given to the soil. Rich soil is essential. The soil around the home, especially in cities, is usually filled in or graded down to clay. Plants cannot grow in soil that contains an abundance of stones, coarse gravel, cinders, subsoil clay, and sand. Use rich soil for the top layer at least, even though it may be necessary to haul it several miles.

**Can Hire Wedding Presents.**

In Paris there are shops where wedding "presents" can be hired. Mothers who wish the display of presents at their daughter's wedding to be dazzling can go to the shops and arrange for borrowing articles. An employee attends the wedding in disguise to watch the presents.

**Tact.**

Tact consists in saying things that people like to listen to and of listening to things that people like to say.—Youth's Companion.

## Babies Smile

when stomachs do their work and bowels move







